NUTRITION AND FOOD SCIENCE MINOR

A nutrition and food science minor provides students with basic knowledge about the chemical and biological components of food and the ways in which these ingredients affect our health. With national rates of obesity and related illnesses at an all-time high, outbreaks of food-borne illnesses regularly making headlines, and the social, economical and political aspects of the world food situation becoming ever more complicated, a minor in nutrition and food science is useful preparation for students pursuing careers in politics, business, economics, journalism or communications, psychology, education, medicine, nursing, or health.

Program Requirements

Code	Title	Credits
Required Courses		
NUFD 150	Food Composition and Scientific Preparation	3
NUFD 153	Dynamics of Food and Society	3
NUFD 182	Nutrition: A Socioecological Perspective	3
Electives		
Select 9 credits from the following (at least 1 course must be at the 300-400 level):		9
NUFD 285	Nutrition in Chronic Disease Prevention	
NUFD 286	Gender in Food and Nutrition Issues	
NUFD 295	Nutrition and Physical Activity for Older Adults	
NUFD 310	International Cultures and Cuisines	
NUFD 353	Catering and Banquet Management	
NUFD 358	Principles of Food Science	
NUFD 376	Quantity Food Purchasing and Production	
NUFD 381	Applied Nutrition in the Lifecycle	
NUFD 387	Edible Innovations: Emerging Food Technologies	
NUFD 388	Nutrition for Community Fitness Programs	
NUFD 410	Policy and Advocacy for Nutrition Based Wellness Programs	
NUFD 411	Managing Programs	
NUFD 412	Nutrition Education Techniques	
NUFD 426	Fundamentals of Healthy Cuisine	
NUFD 436	Sensory Evaluation of Foods	
NUFD 446	Food Processing and Preservation	
NUFD 450	Quantity Food Applications	
NUFD 452	Organization and Management of Foodservice Systems	
NUFD 456	Research in Foods	
NUFD 465	Urban Agriculture and Sustainable Food Systems	
NUFD 466	Food Product Development	
NUFD 473	Food Regulations and Compliances	
NUFD 476	Food Ethics, Sustainability and Alternatives	
NUFD 477	Social Marketing in Nutrition	
NUFD 482	Nutrition Counseling	
NUFD 492	Food Systems and Agribusiness Issues	
NUFD 494	Concepts of the Sommelier	
Total Credits		**18**